

別成為孩子「表演」的「觀眾」



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讚賞經常會被誤解和誤用，有些家長認為讚賞是「萬靈藥」，任何的讚賞，孩子都會照單全收。其實，孩子無法接受語帶諷刺的讚賞，這樣只會令孩子反感，適得其反，不知方向。對待孩子，給予適當的讚賞比嚴厲的責罰更有效。有些說話會對孩子造成傷害，甚至會影響孩子一生的人格發展。成功的父母要把握可以讚賞或鼓勵孩子的機會，因為適時適當的讚賞能發揮激勵和鼓舞作用，使孩子能朝着一個正確的方向成長。

同時展露笑容與有眼神接觸

家長在讚賞孩子時，一定要同時展露笑容，並注視孩子雙眼，這樣真摯的感受是最幸福洋溢的。因為，讚賞是一把雙刃劍——恰當的讚賞，會讓人如沐春風，自信愉悅，努力向前；但錯誤的讚賞卻會弄巧反拙，讓孩子迷失方向，停滯不前。

例如當孩子不肯「坐定定」時，家長應配合表情跟他說「請你坐下」。如果孩子願意服從，家長可馬上稱讚他，然後跟他玩有趣的遊戲。但如果孩子仍然不服從，家長可立即帶小孩離開現場，轉移注意力及引導他跟從指示。或者當你告訴孩子把玩具放好，但他仍一邊看著你，一邊用力丟玩具，試探你會否放過他。於是你可以用平靜溫和的語調跟他說：「請溫柔地將玩具放好」，或者「我們一起學習收拾玩具，好嗎？」



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引導孩子明白表達方式要得宜

父母不需要款待孩子的不良行為，並盡量減少爭辯或安慰的說話，這只會給予孩子更多空間繼續「表演」，因為他們找到了「觀眾」，甚至有些孩子可能因為你的忽視或者鬧情緒，令不良行為變本加厲。我們要引導孩子明白，只有合宜的表達方式，才能得到他們想要的東西。只要父母堅持下去，孩子就會明白這些行為是不會得到父母的注意，自然就會放棄。



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如果孩子停止這行為，父母就可以即時給他反應，讚賞他原來也可以很安靜，然後轉移他的注意力到其他活動上。只要孩子受到別人的讚賞，自然會散發出自信與喜悅，同時也會對讚賞自己的人產生信賴感和親切感。不過，長期重複單一的表揚方式會失去效用，所以家長在表揚時也應注意要有新意。

留意說話語氣 以身作則

孩子是上天賜予我們的禮物，只有在愛裡面，其他方面的成就感才不會變成一種炫耀和驕傲。說話語氣的不同，足以影響親子關係的疏離或親近；父母的情緒和行為關係著孩子未來的學習態度和人格特質。因為孩子大多在摸索與模仿中學習，孩子會觀察父母的待人接物和用字遣詞，進而學習自己的情緒管理以及人際相處，所以父母以身作則的重要性是不容忽視的。即使是一個擁抱、一個微笑、一個眼神，都能成立一種讚賞。對孩子而言，父母的影響力遠勝於師長或同儕。在孩子成長過程中，得到愈多鼓勵，對他們未來的發展愈有幫助。

每個孩子都有不同的特點，父母應該觀察並發掘他們的潛能，讓他們順著自己的優勢去發展。「鼓勵可以使孩子成長，責罵卻會讓孩子膽怯。但兩者仍須並行，不可偏頗。」唯有賞罰分明，才能讓孩子感受到父母的關愛，並懂得面對錯誤並承擔責任，健全發展。

Don't be the "audience" for your child's "acting"



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Praise is often misunderstood and misused. Some parents think that praise is a "cure-all" medicine and that their children will accept any praise they are given. In fact, children can't accept sarcastic praise, and it will only turn them off and backfire. Appropriate praise is more effective than harsh punishment. Some comments can be hurtful and can even affect a child's personality development for the rest of his or her life. Successful parents take advantage of opportunities to praise or encourage their children, as timely and appropriate praise can be motivating and inspiring, enabling children to grow in the right direction.

Smile and make eye contact at the same time

When praising your child, parents must smile and look into your child's eyes at the same time. Such sincere feelings are the happiest and overflowing. Because praise is a double-edged sword - the right kind of praise will make a person feel confident and happy and move forward, but the wrong kind of praise will make a child lose his or her way and stagnate.

For example, when a child refuses to "sit down", the parent should say "please sit down" with a matching expression. If the child is willing to comply, the

parent can praise him immediately and then play a fun game with him. But if the child still does not comply, the parent can immediately take the child away from the scene to divert attention and guide him to follow instructions. Or when you tell the child to put the toy away, but he still looks at you and tosses the toy, testing to see if you will let him go. You can then say to him in a calm and gentle tone, "Please put the toys away gently," or "Let's learn to put away the toys together, okay?"



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Guide your child to understand that expression is appropriate

Parents don't have to tolerate their children's bad behavior and minimize arguing or reassuring remarks, which only gives the child more room to continue "acting out" because they have found an "audience", and some children may even be aggravated by your ignoring them or getting upset. We need to guide our children to understand that the only way to get what they want is to express themselves in an appropriate way. As long as the parent persists, the child will understand that the behavior will not get the parent's attention and will naturally give up.



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If the child stops this behavior, the parent can respond immediately by praising him for being quiet and then diverting his attention to other activities. Whenever a child receives praise from others, he or she will naturally exude confidence and joy, as well as a sense of trust and affection for the person who praised him or her. However, the repetition of a single form of praise over time can be ineffective, so parents should be careful to be creative in their praise.

Pay attention to the tone of voice and lead by example

Children are a gift from God, and it is only through love that other aspects of accomplishment do not become a form of bragging and pride. The difference in the tone of voice is enough to affect the parent-child relationship of detachment or closeness. Parents' emotions and behaviors are related to their children's future learning attitudes and personality traits. Because children mostly learn by groping and imitation, children will observe their parents' treatment of others and use of words and phrases to learn their own emotional management and interpersonal relationships, so the importance of parents leading by example cannot be ignored. Even a hug, a smile or a look can establish a kind of appreciation. Parents are far more influential to children than teachers or peers. The more encouragement a child receives as they grow, the better it will be for their future development.

Each child has different characteristics, and parents should observe and explore their potential, allowing them to develop according to their strengths. "Encouragement helps children to grow, while scolding makes them timid. But the two must go hand in hand and not be biased." Only through a clear distinction between rewards and punishments can children feel loved by their parents and know how to face mistakes and take responsibility for their own development.